Glossary of Menu and Cooking Terms

à la (ah lah) French. In the manner of.

à la carte (ah lah cart´) French. On the menu, but not part of a meal, usually prepared as ordered and individually priced.

à la king French. Served in cream sauce containing green pepper, pimiento, and mushrooms.

à la mode (ah lah mohd´) French. When applied to desserts, means with ice cream. *À la mode, boeuf,* a well-larded piece of beef cooked slowly in water with vegetables, similar to braised beef.

al dente (al den´ tay) Italian. The point in cooking pasta at which it is still fairly firm to the bite. The term is sometimes used interchangeably with tender crisp when referring to vegetables.

allemande (ahl mahnd´) French. A smooth yellow sauce consisting of white sauce with the addition of cream, egg yolk, and lemon juice.

allumette A small matchstick cut, $1/8 \times 1/8 \times 1$–2 inches.

amandine Served with almonds.

amaranth Small grain about the size of a poppy seed. High in protein. Doubles when cooked in liquid.

antipasto (ahn tee pahs´ toe) Italian. Appetizer; a course consisting of relishes, vegetables, fish, or cold cuts.

AP As purchased weight. The weight of an item before trimming or other preparation (as opposed to edible portion weight, or EP).

appetizer A small portion of hot or cold food usually served as a first course.

aromatics Herbs and spices used to enhance the flavor and fragrance of food.

arroz (ah ros´) The Spanish-American word for rice.

aspic A jellied meat juice or liquid held together with gelatin.

au gratin (oh grah´ ton) French. Made with crumbs, scalloped. Often refers to dishes made with cheese sauce.

au jus (oh zhu´) French. Meat served in its natural juices or gravy.

bake To cook in the oven by dry heat.

barbecue To cook on a grill or spit over hot coals, or in an oven, basting intermittently with a highly seasoned sauce.

bar-le-duc (bahr luh dük´) French. A preserve made of currants and honey. It frequently forms a part of the cheese course.

barley Grain low in gluten and high in protein. Quadruples when cooked in liquid.

baron Double sirloin of beef.

baste To moisten meat while roasting to add flavor and to prevent drying of the surface. Melted fat or meat drippings may be used for basting.

batch cooking Dividing the estimated amount needed into smaller quantities and cooking as required to meet the demand.

baton/batonnet A small stick cut, $1/4 \times 1/4 \times 2$–2 1/2 inches.

batter Flour and liquid mixture, usually combined with other ingredients, thin enough to pour or drop from a spoon.

béarnaise (bay ar nayz´) French. Sauce of clarified butter, egg yolks, vinegar or white wine, onion, and spices.

beat To mix ingredients with a rotating motion, using spoon, wire whip, or paddle attachment to mixer.

béchamel (bay sha mel´) French. A cream sauce made with equal part of chicken stock and cream or milk.

beurre (buhr) French. Butter.

beurre blanc (buhr blanhk) French. A light colored butter sauce made from butter, shallots, and white wine. May be finished with fresh herbs or other seasonings. Often called "white butter."

beurre composé (burr kom-poz-a) Softened butter with flavorings added. Also known as compound butter.

beurre manié (burr man-yay) A well-blended mixture of 50% softened butter and 50% flour (by weight). Used to thicken and give added sheen and flavor to soups and sauces.

beurre noir (burr nwor) Butter browned in a pan until dark, sometimes flavored with vinegar. Often called "black butter."

beurre noisette (burr nwah-zett) Butter heated in a pan until lightly browned. Often called "hazelnut butter" or "brown butter."

beurre rouge (burr rooge) A reddish colored butter sauce made from butter, shallots, and red wine.

bran The high fiber, outer layer of a cereal grain.

brine A mixture of salt, water, and seasonings used to preserve food.

bisque (bisk) French. A thick soup usually made from fish or shellfish. Also a frozen dessert. Sometimes defined as ice cream to which finely chopped nuts are added.

blanch To dip briefly in boiling water.

blanquette (blang ket´) French. A white stew usually made with veal, lamb, or chicken.

blend To thoroughly mix two or more ingredients.

bleu (bluh) French. Blue.

boeuf (buff) French. Beef. *Boeuf à la jardinie`re* (buff a lah zhar de nyoyr), braised beef with vegetables; *boeuf roti* (buff rotee), roast beef.

boil To cook foods in water or a liquid in which the bubbles are breaking on the surface and steam is given off.

bombe (bahm) French. A frozen dessert made of a combination of two or more frozen mixtures packed in a round or melon-shaped mold.

bordelaise (bor d´layz´) French. Of Bordeaux. *Sauce bordelaise,* a sauce with Bordeaux wine as its foundation, with various seasonings added.

borscht (borsht) Russian. A soup made with beets and served with thick sour cream.

bouillabaisse (boo yah bes´) French. A highly seasoned fish soup made with two or more kinds of fish.

bouillon (boo yon´) French. Clear meat stock.

bouquet (boo kay´) Volatile oils that give aroma.

bouquet garni (boo kay´ garnee´) French. Herbs and spices tied in a cloth bag, used for flavoring soups, stews, and sauces, then removed after cooking is completed.

bourguignon (bohr ghee n´yang´) French. In the Burgundy style, especially a beef stew made with red wine (for which burgundy is noted), mushrooms, salt port, and onions.

braise (brays) French. To brown in a small amount of fat, cover, add a small amount of liquid, and cook slowly.

bread To coat food with an egg-milk mixture and then bread crumbs before frying.

brew To cook in liquid to extract flavor, as with beverages.

brioche (bree ohsh´) French. A slightly sweetened rich bread used for rolls or babas.

brochette, à la (bro shet´) French. Food arranged on a skewer and broiled.

broil To cook over or under direct heat, as in a broiler or over live coals.

broth A flavorful liquid obtained from the simmering of meats and/or vegetables.

brunoise (broo-nwah) Foods cut into cubes, $1/8 \times 1/8 \times 1/8$ inch. Foods are garnished with brunoise-size cut vegetables.

buckwheat Seed of a plant related to rhubarb. Marketed as buckwheat flour and kasha (roasted buckwheat groats).

buffet (boo fay´) French. A table displaying a variety of food.

bulgur Wheat that is parched, steamed, and dried before being ground.

butterfly cut Boneless meat, fish, or shrimp cut nearly in half lengthwize and spread open like the wings of a butterfly to increase surface area and shorten cooking time.

cacciatore (ca chi a tor´ ee) Italian. Stewed with tomatoes, onion, and garlic.

café au lait (ca fay´ oh lay´) French. Coffee with hot milk.

café noir (ca fay´ nwar) French. Black coffee, after-dinner coffee.

canapé (can ah pay´) French. An appetizer of meat, fish, egg, or cheese arranged on a bread base.

candy To preserve or cook with heavy syrup.

caper (kay´ per) Small pickled bud from wild caper bush; used in salads and sauces.

caramelize To heat sugar until a brown color and a characteristic flavor develops.

carte au jour (kart o zhur´) French. Bill of fare or menu for the day.

caviar (cav ee ar´) French. Salted roe of sturgeon or other large fish. May be black or red.

chantilly (shang te´ ye) French. Foods containing whipped cream.

charlotte (shar´ lot) French. Dessert with gelatin, whipped cream, fruit, or other flavoring, in a mold, garnished with lady fingers.

chiffonade (shee´ fahn ahd) French. With minced or shredded vegetables, as in salad dressing.

chill To refrigerate until thoroughly cold.

chop To cut food into fairly fine pieces with a knife or other chopping device.

choux paste (shoo paste) French. Cream puff batter.

chowder A thick soup of fish or vegetables and milk.

chutney (chut´ ni) A sweet and sour condiment made of fruits and/or vegetables cooked with sugar, spices, and usually vinegar.

cilantro The pungent leaf of the coriander plant, also known as *Chinese parsley.* Used to season Oriental and Mexican foods.

clarified butter Melted butter from which the milk and water have been removed leaving pure butterfat. Clarification raises the smoke point of butter.

clarify Make clear by skimming or adding egg white and straining.

cloche (klosh) French. Bell, dish cover. *Sous cloche* (soo klosh), under cover.

coat To cover entire surface with flour, fine crumbs, sauce, batter, or other food as required.

cocktail An appetizer, either a beverage or a light, highly seasoned food, served before a meal.

coddle To simmer gently in liquid for a short time.

compote (kom´ poht) French. Mixed fruit, either raw or stewed in syrup; a stemmed serving dish.

compound butter Butter combined with herbs or other seasonings and used to sauce vegetables and grilled or broiled meats. Also known as beurre composé.

condiment An aromatic mixture, such as pickles, chutney and some sauces and relishes, that accompanies food.

convection A method of heat transfer in which heat is transmitted through the circulation of air.

converted (parboiled) rice A specially processed long grain rice that has been partially cooked under steam pressure, redried, then milled and polished.

consommé (kon so may´) French. A clear broth that has been clarified, usually made from two or three kinds of meat.

coulis (koo-lees) A sauce made from a puree of vegetables or fruit.

court bouillon (cor boo yon´) French. Water simmered with seasonings, vegetables, and vinegar or wine. Used for poaching vegetables, fish, and shellfish.

couscous Pellets of semolina usually cooked by steaming.

cream To mix fat and sugar until soft and creamy.

crème anglaise (crem ahn-glas) Vanilla custard sauce. Also called stirred custard.

crème chantilly (crem chan-tee) Whipped heavy cream flavored with sugar and vanilla.

crème fraishe (crem fresh) Very heavy cream (35% butterfat), cultured to give it a thick consistency and a slightly tangy flavor; similar to sour cream but not as acidic.

creole (kre´ ohl) French. Foods containing meat or vegetables with tomatoes, peppers, onions, and other seasonings.

crepe (krayp) French. Thin, delicate pancake, often rolled and stuffed, served as appetizer, entree or dessert. *Crepe suzette,* a small, very thin and crisp pancake served for tea or as dessert.

crisp To make foods firm and brittle, as in chilling vegetables or heating cereals or crackers in the oven to remove excessive moisture.

critical control point A step during the processing of food when a mishandling or temperature mistake can result in the transmission, growth, or survival of pathogenic bacteria.

croissant (krwa sang´) French. Crescent; applied to rolls and confectionery of crescent shape.

croquette (crow ket´) Mixture of chopped, cooked meat, poultry, fish, or vegetables bound with thick cream sauce, shaped, breaded, and fried.

croustade (krus tad´) A toasted case or shell of bread.

croute, en (awn croot) A food encased in a bread or pastry crust.

croutons (kroo tons) Bread cubes, toasted, for use in garnishing soups and salads.

crudités (croo dee tays´) French. Raw vegetables.

cube To cut into ½-inch squares.

curry (kur´ ee) Highly spiced condiment from India, a stew seasoned with curry.

cut in To cut a solid fat into flour with knives or mixer until fat particles are of desired size.

cutlet Thin slice of meat, usually breaded, for frying; also coquette mixture made in a flat shape.

deep fry To cook in fat deep enough for food to float.

deglaze To dilute and wash down pan juices by adding liquid.

de la maison (de lah may zon´) French. Specialty of the house.

demitasse (deh mee tahss´) French. Small cup of black coffee served after dinner.

dice To cut into 1/4-inch cubes.

dot To scatter small bits of butter or margarine over surface of food.

dough A mixture of flour, liquid, and other ingredients, thick enough to roll or knead.

drawn butter Melted butter.

dredge To thoroughly coat a food with flour or other fine substance.

drippings Fat and liquid residue from frying or roasting meat or poultry.

du jour (doo zhoor´) French. Of the day, such as soup of the day.

dust To sprinkle lightly with flour.

eau (oh) French. Water.

eclair (ay klair´) French. Finger-shape cream puff pastry filled with whipped cream or custard.

egg and crumb To dip a food into diluted, slightly beaten egg and dredge with crumbs. This treatment is used to prevent soaking of the food with fat or to form a surface easily browned.

egg wash A mixture of beaten eggs (whites, whole eggs, yolks) and liquied (milk or water), used to coat bread dough prior to baking, to add sheen.

emulsion A mixture of two or more liquids, one of which is a fat or oil and the other is waterbased, so that tiny globules of one are suspended in the other. Emulsions may be temporary, permanent, or semipermanent.

enchilada (en chee lah´ dah) Mexican. Tortillas filled and rolled, served with sauce.

en cocotte (ahn ko cot´) French. In individual casserole.

entree (ahn´ tray) French. The main course of a meal or a single dish served before the main course of an elaborate meal.

EP Edible portion. The weight of an item after trimming and preparation (as opposed to AP weight, or as purchased weight).

espagnole (ays pah nyol´) French. Brown sauce.

farci (far´ see) French. Stuffed.

fermentation The breakdown of carbohydrates into carbon dioxide gas and alcohol, usually through the action of yeast on sugar.

filé (fee-lay) A seasoning and thickening agent made from dried, ground sassafras leaves. Used primarily in gumbos.

filet or fillet (fee lay´) French. A boneless cut of meat, fish or poultry.

fines herbes (fen zerb´) French. A mixture of herbs, usually parsley, chervil, tarragon, and chives.

flake To break into small pieces, usually with a fork.

flan In France, a filled pastry; in Spain, a custard.

flambé (flam bay´) French. To flame, using alcohol as the burning agent.

florentine A food containing or placed upon spinach.

fold in To blend ingredient into a batter by cutting vertically through the mixture, and turning over and over by sliding the implement across the bottom of the mixing bowl with each turn.

fork tender A test for doneness. When foods are fork tender, they should be easily pierced or cut by a fork.

frappé (fra pay´) French. Mixture of fruit juices frozen to a mush.

french fry To cook in deep fry.

fricassee (frik a see´) To cook by browning in a small amount of fat, then stewing or steaming; most often applied to fowl or veal cut into pieces.

frijoles (free hol´ ays) Mexican. Beans cooked with fat and seasonings.

frittata (free-tah-ta) An open faced omelet.

fritter A deep-fat fried batter containing meat, vegetables, or fruit.

frizzle To pan fry in a small amount of fat until edges curl.

froid (frwä) French. Cold.

fry To cook in hot fat. The food may be cooked in a small amount of fat (also called *sauté* or *pan fry*), or in a deep layer of fat (also called *deep-fat fry*).

garam masala A spice blend made from roasted and ground spices. Used often in East Indian dishes.

garde-manger (garhd e mah zha´) French. Pantry chef/station. Responsible for cold food preparation.

garni (garnee´) French. Garnish. An edible decoration or accompaniment to a food item.

gelatinization A phase in the process of thickening a liquid with starch in which starch molecules swell to form a network that traps water molecules.

glacé (glah say´) French. Iced, frozen, or coated with sugar syrup.

glaze To make a shiny surface. In meat preparation, a jellied broth applied to meat surface; in breads and pastries, a wash of egg or syrup; for doughnuts and cakes, a coating with a sugar preparation.

gluten An elastic protein formed when hard wheat flour is moistened and agitated. Gluten gives yeast doughs their elasticity.

goulash (goo´ lash) Hungarian. Thick beef or veal stew with vegetables and seasoned with paprika.

grand sauce One of several basic sauces that are used in the preparation of many other small sauces. The grand sauces are: demi-glace, veloute, béchamel, hollandaise, and tomato. Also called mother sauce.

grate To rub food against grater to form small particles.

grantinée (grah teen ay´) French. To brown a food sprinkled with cheese or bread crumbs; or a food covered with a sauce that turns brown under a broiler flame or intense over heat.

grease To rub lightly with fat.

griddle A heavy metal surface, which may be either built into a stove or heated by its own gas or electric elements. Cooking is done directly on the griddle.

grill To cook by direct heat. May be open grid over a heat source or on a flat cooking surface such as a griddle.

grind To change a food to small particles by putting through grinder or food chopper.

grits Coarsely ground corn, served either boiled or boiled and then fried.

gumbo A rich, thick Creole soup containing okra or filé.

HACCP (Hazard Analysis Critical Control Points). An established plan and monitoring system used to minimize or prevent a safety risk or hazard as food moves through a foodservice facility. Requires establishing standards and controls for time and temperature, and safe handling practices.

herbs Aromatic plants used for seasoning and garnishing of foods.

hollandaise (hol´ ahn days) French, of Dutch origin. Sauce of eggs, butter, lemon juice, and seasonings; served hot with fish or vegetables.

hors d'oeuvre (oh durv´) French. Small portions of food served as appetizers.

infusion To steep an aromatic or other item in liquid to extract the flavor.

IQF Individually quick frozen.

Italienne (e tal yen´) French. Italian style.

jalapeño A hot pepper used for seasoning Mexican food.

jardinière (zhar de nyayr´) French. Mixed vegetables in a savory sauce or soup.

jicama Tuberous root used in salads.

julienne (zhu lee en´) French. Food cut into small stick-shape pieces, approximately $1/8 \times 1/8 \times 1$–2 inches.

jus (zhoo) French. Juice or gravy.

jus lié (zhew lee-ay) An arrowroot or cornstarch thickened brown sauce often used as a demi-glace.

kasha Roasted buckwheat groats (the culled crushed seed).

kebobs Marinated meat and vegetables cooked on skewers.

kippered Lightly salted and smoked fish.

knead To work dough with a pressing motion accompanied by folding and stretching.

kolach (ko´ lahch) Bohemian. Fruit-filled bun.

kosher (ko´ sher) Food handled in accordance with the Jewish religious customs.

kuchen (koo´ ken) German. Cake, not necessarily sweet.

lait (lay) French. Milk.

lard To insert small strips of fat into or on top of uncooked lean meat or fish to give flavor or prevent dryness.

lebkuchen (lab koo´ ckhen) German. Famous German cake; sweet cake or honey cake.

leek Seasoning vegetable resembling a large spring onion with wide leaves, always cooked.

legumes The seeds of certain plants, including beans and peas, which are eaten for their earthy flavor and high nutritional value.

limpa Swedish rye bread.

liqueur Sweet and syrupy alcoholic beverage made by mixing or redistilling liquor with fruits, flowers, spices, or other flavorings. Also known as a crodial.

liquor An alcoholic beverage made by distilling grains or other foods.

lox Yiddish. Smoked salmon.

lyonnaise (lee´ oh nayz) French. Seasoned with onions and parsley, as lyonnaise potatoes.

macédoine (mah say dwan´) French. Mixture or medley of cut vegetables or fruits cut in uniform pieces.

maitre d'hôtel (mai tre doh tel´) French. Steward. *Maître d'hôtel butter,* a well-seasoned mixture of butter, minced parsley, and lemon juice.

marinade (mah ree nahd´) French. Mixture of oil, acid, and seasonings used to flavor and tenderize meats and vegetables; French dressings often used as marinades.

marinate To steep a food in a marinade long enough to modify its flavor.

marzipan (mahr´ zi pan) Powdered sugar and almond paste colored and formed into fruit and vegetable shapes.

mask To coat a food with a thick sauce before it is served. Cold foods may be masked with a mayonnaise mixture or white sauce, which gels after chilling.

medallion A small, round piece of meat or fish.

melt To liquify by the application of heat.

meringue (mah rang´) Stiffly beaten egg white and sugar mixture used as a topping for pies or other desserts; or formed into small cakes or cases and browned in the oven.

meruniѐre, à la (meh nyair´) French. Floured, sautéed in butter and served with butter sauce and lemon and sprinkled with chopped parsley; usually refers to fish.

Milanaise (me lan ayz´) French. Food cooked in a style developed in Milan, Italy. Implies the use of pasta and cheese with a suitable sauce, often béchamel.

mince To chop food into very small pieces—not so fine and regular as grinding, yet finer than those produced by chopping.

minestrone (mee ne stroh´ nay) Italian. Thick vegetable soup with beans and pasta.

mirepoix (meer´ pwa) French. Mixture of chopped vegetables used in flavoring soup stock, usually 25% carrots, 50% onions, and 25% celery.

mise en place (meez oh plahss´) French. The preparation, organization, and setup before production. Term means "everything in place."

mix To combine two or more ingredients by stirring.

mocha (moh´ ka) Coffee flavor or combination of coffee and chocolate.

mollusks Shellfish with soft body and no internal skeleton and a hard outer shell.

monosodium glutamate (MSG) White crystalline material made from vegetable protein, used to enhance flavor of food.

Mornay (mohr nay´) French. Sauce of thick cream, eggs, cheese, and seasonings.

mousse (moose) French. Frozen dessert with fruit or other flavors, whipped cream and sugar; also a cold dish of pureed chicken or fish with egg whites, gelatin, and unsweetened whipped cream.

mulligatawny (mul i ga taw´ ni) A highly seasoned thick soup, of Indian origin, flavored with curry powder and other spices.

napoleons Puff pastry kept together in layers with a custard filling, cut into portion-size rectangles, and iced.

Neopolitan (also *harlequin* and *panachée*) Molded dessert of two to four kinds of ice cream or ices arranged in layers.

Nesselrode pudding Frozen dessert with a custard foundation to which chestnut puree, fruit, and cream have been added.

Newburg, à la Creamed dish with egg yolk added, flavored with sherry; most often applied to lobster, but may be used with other foods.

noisette (nooa zet´) French. Nut-brown color; may imply nut- shaped. A small round piece of lean meat. *Potatoes noisette,* potatoes cut into the shape and size of hazelnuts and browned in fat.

nouvelle cuisine French. "New Cooking." A culinary movement emphasizing freshness and lightness, and innovative combinations of foods.

oeuf (oof) French. Egg.

oven spring The rapid initial rise of yeast dough when placed in a hot oven. Heat accelerates the growth of yeast, which produces more carbon dioxide gas and also causes this gas to expand.

paella (pä ay´ yah) Spanish. Dish with rice, seafood, chicken, and vegetables, usually served in a wide shallow pan in which it is cooked.

pan broil To cook, uncovered, on hot metal, such as a fry pan, pouring off the fat as it accumulates. Liquid is never added.

pan fry To cook in a skillet in a small amount of fat.

papillote (pah pe yote´) French. A cooking method in which food is wrapped in paper and heated to a high enough temperature so that steam is produced and the food cooks in its own steam.

parboil To boil until partially cooked, the cooking being completed by another method.

parch To cook in dry heat until slightly browned.

parchment Heat-resistant paper used in cooking for lining baking pans.

parcooking Partially cooking a food.

pare To cut off the outside covering, usually with a knife.

parfait (par fay´) French. A mixture containing whipped cream, egg, and syrup that is frozen without stirring. May be ice cream layered with fruit or syrup in parfait glasses.

parmiginana (par mee zhan´ ah) Italian. Parma style, particularly veal, chicken, or eggplant covered with tomato sauce, mozzarella cheese, and Parmesan cheese and browned under the broiler or in the oven.

pasta Italian. Any of a large family of flour paste products, such as macaroni, spaghetti, and noodles.

paste Soft, smooth mixture of a dry ingredient and a liquid.

pastrami (pahs tram´ ee) Yiddish. Boneless meat cured with spices and smoked.

pâté (pah tay´) French. Paste, dough; highly seasoned meat paste used as an appetizer.

pâté de foie gras (pah tay d'fwah grah´) French. Paste of fat goose livers.

patty shell Shell or case of pastry or puff paste used for individual portions of creamed mixtures.

peel To strip off the outside covering.

persillade (payr se yad´) French. Served with or containing parsley.

pesto Italian. A thick pureed mixture of an herb, usually basil, and oil used as a sauce for pasta. May also contain pine nuts, grated cheese, garlic and other seasonings.

petit pois (puh tee pooá) French. A fine grade of very small peas with a delicate flavor.

petits fours (pe teet foor´) French. Small fancy cakes frosted and decorated.

phyllo dough Greek. Extremely thin pastry dough that produces a flaky pastry.

picante A highly spiced tomato sauce used as a condiment with Mexican foods.

pilaf or **pilau** (pih lahf or pih low) Turkish. Dish of rice cooked with meat, fish, or poultry, and seasoned with spices. A technique for cooking grains, in which the grain is sautéed briefly in butter, then simmered in stock or water with various seasonings.

piquant (pee kahnt´) French. Sharp, highly seasoned.

pizza (peet´ zah) Italian. Flat yeast bread covered with tomato, cheese, and meat, or other toppings.

plank Hardwood board used for cooking and serving broiled meat or fish. *Planked steak,* a broiled steak served on a plank and garnished with a border of suitable vegetables.

poach To cook gently in a hot liquid, held just below the boiling point, the original shape of the food being retained.

polenta (poh lent´ ah) Italian. Thick cornmeal mush; cheese is usually added before serving.

pollo (po´ yo) Italian. Italian and Spanish-American term for chicken.

polanise (po lo nays´) French. Dishes prepared with bread crumbs, chopped eggs, browned butter, and chopped parsley.

pomme de terre (pon de taré) French. Potato; literally, apple of the earth.

pot-au-feu (poh toh fu´) French. Meat and vegetables boiled together in broth.

pot roast To cook large cuts of meat by braising.

potage (po tazh´) French. Soup, usually of a thick type.

prawn Large shrimp.

preheat To heat oven or other cooking equipment to desired temperature before putting in the food.

proof To allow yeast dough to rise.

prosciutto (pro shoot´ toh) Italian. Ham, usually thinly sliced and served as an appetizer or as a component in veal dishes.

puff paste Rich dough, made flaky by repeated folding and rolling.

pulse The edible seeds of various leguminous crops (peas, beans, lentils).

puree (pu ray´) French. Foods rubbed through a sieve; also a nutritious vegetable soup in which milk or cream is seldom used.

quiche (keesh) Custard, cheese, and seasonings baked in a pie shell and served warm.

quinoa Grain high in protein. Grown primarily in South America.

ragout (ra goo´) French. A thick, well-seasoned, rich stew.

ramekin (ram´ e kin) Small baking dish for individual portions.

rarebit Mixture of white sauce, cheese, and seasonings.

ravioli (rav vee oh´ lee) Italian. Bite-size cases of pasta dough filled with finely ground meat, cheese, and spinach; served with a highly seasoned tomato sauce.

reconstitute To restore concentrated foods to their normal state, usually by adding water, as in fruit juice and milk.

reduce To boil down, evaporating liquid from a cooked dish.

refritos Twice-cooked Mexican beans that are boiled once and fried once. Also called *refried beans.*

rehydrate To cook or soak dehydrated foods or restore water lost during drying.

remoulade (ray moo lad´) French. Pungent sauce made of hard-cooked eggs, mustard, oil, vinegar, and seasonings. Served with cold dishes.

risotto (ri sot´ toh) Italian. Rice that has been sautéed with onion and other aromatics and then combined with stock. Adding stock slowly while stirring produces a creamy texture with the rice grains still *al dente*.

rissolé (ree sall´) French. Savory meat mixture encased in rich pastry and fried in deep fat.

roast To cook uncovered in oven by dry heat, usually meat or poultry.

roe Eggs of fish.

rosette (roh zet´) French. Thin, rich batter made into fancy shape with special iron and fried in deep fat.

roulade (roo lahd´) French. Rolled thin piece of meat, usually stuffed and roasted or braised.

roux (roo) French. A browned mixture of equal parts flour and fat (by weight) used as a thickener for sauces, soups, and stews.

sabayon (sa by on´) French. Custard sauce with wine added.

sachet d'epices or **sachet** (sah-shay day-pea-say) French. Aromatic ingredients (herbs and spices) tied in a cheesecloth bag and used to flavor stocks and other liquids.

salsa A highly spiced tomato sauce used as a condiment with Mexican foods.

sauerbraten (sour brah´ ten) German. Beef marinated in spiced vinegar, pot-roasted, and served with gingersnap gravy.

sauté (soh tay´) French. To cook in a small amount of fat.

savory Spiced or seasoned foods, as opposed to sweet foods. Also a family of herbs.

scald To heat a liquid to a point just below boiling; pour boiling water over or dip food briefly into boiling water.

scallion An onion that has not developed a bulb.

scallop To bake food, cut into pieces and cover with a liquid or sauce and crumbs. The food and sauce may be mixed together or arranged in alternate layers in a baking dish, with or without crumbs. *Escalloped* is a synonymous term. A thin boneless slice of meat. A shellfish (mollusk).

scallopine (skol a pee´ nee) Italian. Small flat pieces of meat, usually veal, sautéed and served in a sauce.

scone (scahn) Scottish quick bread containing currants.

score To make shallow lengthwise and crosswise slits on the surface of meat.

sear To brown the surface of meat quickly at high temperatures.

semolina Coarsely milled hard wheat endosperm used for gnocchi, some pasta, and couscous.

set Allow to stand until congealed, as in gelatin and puddings.

shallot Small onion having a stronger but more mellow flavor than the common variety.

shirr To break eggs into dish, cover with cream and crumbs, and bake.

shortening Fat suitable for baking or frying.

simmer To cook in a liquid in which bubbles form slowly and break just below the surface.

skewer Pin of metal or wood used for fastening meat or poultry while cooking; or long pins used for holding bits of food for broiling or roasting.

skim To remove surface fat or foam from liquid mixture.

sliver To cut into long, slender pieces, as in slivered almonds.

smorgasbord (smor gas bohrd´) Swedish. Arrangement of appetizers and other foods on a table in attractive assortment.

sorbet (sor bay´) French. Sherbet made of several kinds of fruits.

soubise (soo´ bees) French. White sauce containing onion and sometimes parsley.

soufflé (soo flay´) French. A light, fluffy baked dish with beaten egg whites; may be sweet or savory.

soy sauce Chinese sauce made from fermented soy beans.

spaetzle (spet´ zel) Austrian. Fine noodles made by pressing batter through colander into boiling water or broth.

spoon bread Southern corn bread baked in a casserole and served with a spoon.

springerle (spring´ er le) German. A Christmas cookie. The dough is rolled into a sheet and pressed with a springerle mold before baking.

spumoni (spoo moh´ nee) Italian. Rich ice cream made in different layers, usually containing fruit and nuts.

stabilizer An ingredient added to an emulsion to prevent it from separating.

steam To cook in steam with or without pressure. Steam may be applied directly to the food, as in a steamer, or to the vessel, as in a double boiler.

steam-jacketed kettle A kettle with double-layered walls, between which steam circulates, providing even heat for cooking stocks, soups, and sauces.

steep To cover with boiling water and let stand to extract flavors and colors.

stew To simmer in a small amount of liquid.

stir To mix food materials with a circular motion.

stir-fry To cook quickly in a small amount of oil over high heat, using light tossing and stirring motion to preserve shape of food.

stock Liquid in which meat, fish, poultry or vegetables have been cooked.

stroganoff (stro´ gan off) Russian. Sautéed beef in sauce of sour cream, with mushrooms and onions.

strudel (stroo´ dl) German. Pastry of flaky, paper-thin dough filled with fruit.

sweating Cooking vegetables (usually) in a covered pan with a small amount of fat over low heat, without browning, until the food softens and releases moisture.

table d'hôte (tabl doht´) French. Meal at a fixed price.

tacos (tah´ cos) Mexican. Rolled sandwiches of tortillas filled with meat, onions, lettuce, and hot sauce.

tamale (ta mah´ lee) Mexican. Highly seasoned meat mixture rolled in cornmeal mush, wrapped in corn husks, and steamed.

tart Small pie or pastry.

tartar sauce Mayonnaise to which chopped pickles, onions, and other seasonings have been added; usually served with fish.

tender crisp The point in cooking vegetables at which they are firm and slightly crisp.

terrine (tay reen´) French. Tureen, an earthenware pot resembling a casserole. *Chicken en terrine,* chicken cooked and served in a tureen.

timbale Thin fried case for holding creamed mixtures; or unsweetened baked custard with meat, poultry, or vegetables.

toast To apply direct heat until the surface of the food is browned.

tofu Bean curd.

torte (tor´ te) German. Rich cake made from crumbs, eggs, and nuts; or meringue in the form of a cake.

tortilla (tohr tee´ yah) Mexican. A round thin unleavened flour or cornmeal cake baked on a griddle.

toss To mix ingredients lightly without crushing.

tournedos (tur ne´ doe) Spanish. A small round filets of beef. French, a small cut from the tenderloin of beef.

trifle English. Dessert made with sponge cake soaked in fruit juice and wine and layered with jam, custard, almonds, and whipped cream.

truffle A dark mushroomlike fungus, found chiefly in France. Used mainly for garnishing and flavor.

truss To tie or skewer poultry or meat so that it will hold its shape while cooking.

turnover Food encased in pastry and baked.

tutti frutti Mixed fruit.

velouté (ve loo tay´) French. A rich white sauce, usually made of chicken or veal broth.

vinaigrette (vin nay greht) French. A temporary emulsion of 3 parts oil and 1 part vinegar and often seasoned with herbs and spices. Wine or lemon juice is often substituted for some of the vinegar.

whip To beat rapidly and increase volume by the incorporation of air.

Wiener schnitzel (ve´ ner schnit sel) German. Breaded cutlets, frequently served with tomato sauce or lemon.

wonton Stuffed dumplings cooked in chicken broth.

Yorkshire pudding English. Accompaniment for roast beef, a popoverlike mixture baked in drippings of the roast.

zest Colored peel of citrus fruits, such as orange or lemon, which contains aromatic oil.

zwieback (tsvee´ bahk) German. Toasted bread, crisp and slightly sweet.